

Weekly Blood Glucose Log

Keep a record of your daily blood glucose levels and take to all medical appointments. If you took medication or food to adjust your glucose level, record what and how much in the comments field.

Date		Test Time				Comments
		Fasting	Lunch	Supper	Bed	
Sun	Time					
	Blood Sugar					
Mon	Time					
	Blood Sugar					
Tues	Time					
	Blood Sugar					
Wed	Time					
	Blood Sugar					
Thurs	Time					
	Blood Sugar					
Fri	Time					
	Blood Sugar					
Sat	Time					
	Blood Sugar					